

YOGURT MUFFIN PARFAIT

Serving Size: 50

1 Serving (1 parfait) meets ½ M/MA, 1 Grain, ½ cup Fruit

Preparation:

1. Divide the muffin into three parts (saving muffin top for last layer)
2. Place ½ muffin bottom into the base of the cup
3. Layer 1 oz. of yogurt on top of muffin
4. Layer 1 oz. of berries on top of yogurt
5. Repeat the layers in the same order with remaining muffin, yogurt and berries
6. Place the muffin top as the last layer of the parfait
7. Hold for cold service at 41°F or lower
8. Refrigerate until served

Ingredients:

- 6.25 lbs. of vanilla yogurt
- 50 (1 oz.) muffins
- 6.25 lbs. sliced berries

Recommendations:

Use blueberries and blueberry muffins or strawberries and chocolate muffins.



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